



HEARING CONSERVATION PROGRAM

OVERVIEW



28 Jan 2013

LEARNING OBJECTIVES

- 1. Describe the potential effects of noise**
- 2. List the purposes of the Hearing Conservation Program (HCP)**
- 3. Describe the five elements of the HCP**
- 4. Identify the team members of the HCP and their general duties**

Hearing? What's the big deal?



NIHL

#1

**Noise-Induced
Hearing Loss**

#1

**Occupational
Health Hazard
in the military**



Financial Impact

Hearing Loss (as major disability claim)



Tinnitus (as major disability claim)



**Other Known Expenses
Related to Hearing Loss**



\$1.8+ Billion (in 2010)

What could \$1.8+ Billion Buy?

**18+
Joint Strike
Fighters @ \$100M
each**



**450+
M1A1 Abram Tanks**



**19+
Years of
Employment
for
535 elected
Congressmen
and Senators**

Auditory Effects of Noise

- **Loss of hearing sensitivity**
- **Loss of communication ability**
- **Tinnitus or “ringing”**
- **Missing parts of conversation**
- **Slower/Inaccurate localization**



- **Increase errors and safety accidents**
- **Embarrassment, frustration, withdrawal**
- **Possible loss of employment**

Non-Auditory Effects of Noise

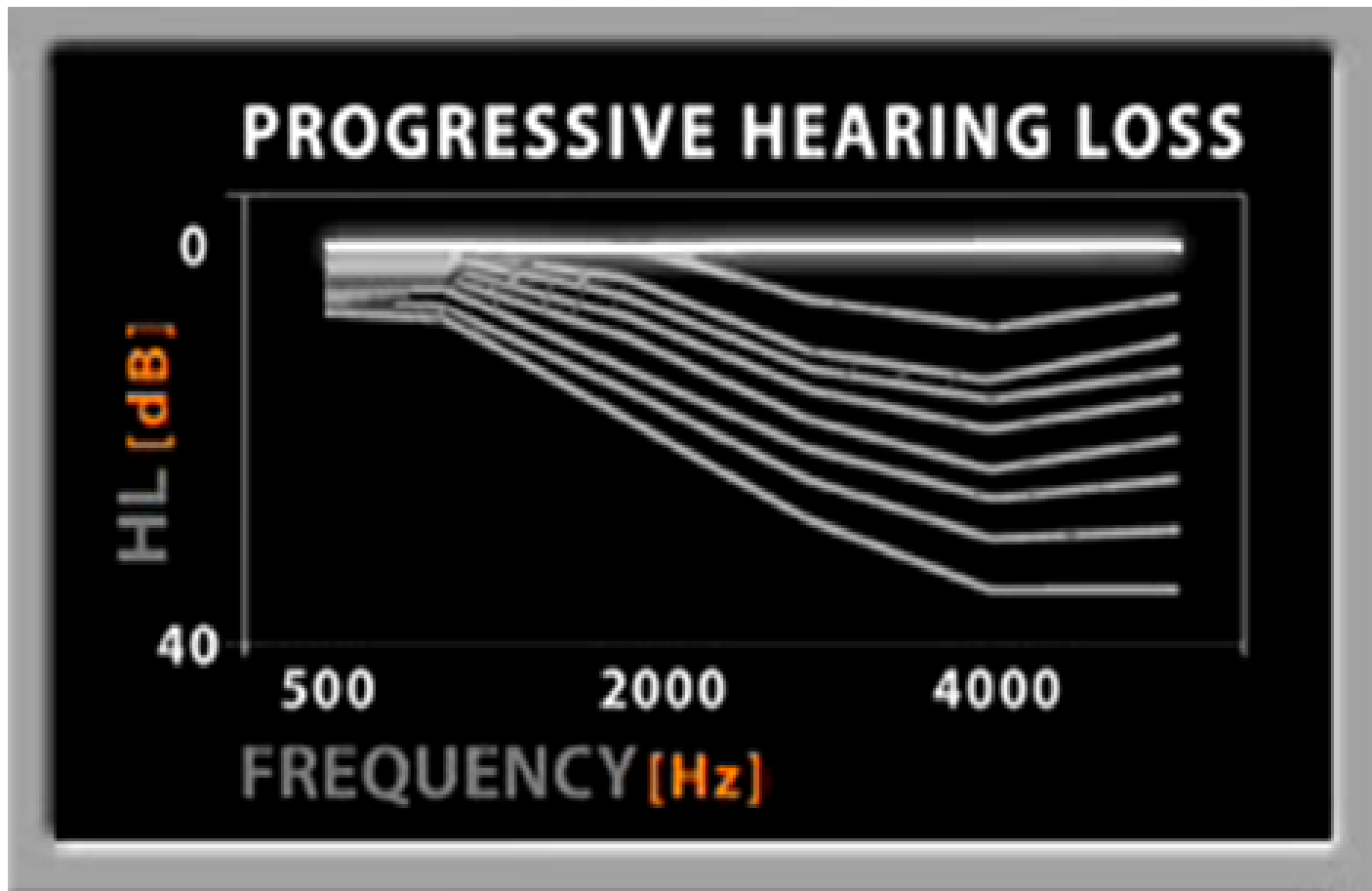
HEALTH RISKS

- **Raises blood pressure**
- **Raises heart rate**
- **Increases stress hormone levels**
- **Disrupts healthy sleep patterns**
- **Above can contribute to obesity**



**Noise
gets
on
our
NERVES!**

Hearing Loss Demonstration



**Noise Induced
Hearing Loss
Is Painless
Progressive
Permanent!**

**THERE IS NO
CURE!**

HOWEVER

NOISE INDUCED
HEARING LOSS
IS
PREVENTABLE !

PURPOSE

Occupational Hearing Conservation Program



-  **Prevent occupationally related Noise Induced Hearing Loss (NIHL)**
-  **Maintain combat readiness**
-  **Maintain fitness for duty**
-  **Retain job or work specialty**
-  **Reduce cost of hearing loss**
-  **Promote healthy hearing & quality of life**



Hearing Conservation Program



FIVE MAJOR ELEMENTS

- 1. Noise Hazard Identification**
- 2. Engineering Controls**
- 3. Audiometric Monitoring**
- 4. Hearing Protective Devices (HPDs)**
- 5. Hearing Conservation Education**

#1

NOISE HAZARD **IDENTIFICATION**

- 1. Identify potentially hazardous noise sources**
- 2. Determine individuals employed in hazardous noise areas**
- 3. Recommend personnel who should be enrolled in HCP to Command Safety**
- 4. Label noise hazardous areas and equipment with appropriate labels**

#2 ENGINEERING CONTROLS

- 1. PRIMARY means to reduce or control noise**
- 2. Dampen, enclose and/or isolate noise**
- 3. Use HPD only after engineering controls prove unfeasible or cost prohibitive**
- 4. Exceptions: high performance ships , aircraft, tactical vehicles or**

#3 AUDIOMETRIC MONITORING

- 1. Conduct annual hearing tests to identify hearing shifts**
- 2. Reference and Annual audiograms compared to determine hearing changes**
- 3. Determine disposition, referral needs and Fitness for Duty**
- 4. Statistics on hearing changes determine HCP effectiveness**

#4

PERSONAL HEARING PROTECTIVE DEVICES

Single Protection

**Hazardous Noise Levels
 ≥ 85 dBA**

**Insert earplugs
OR use earmuffs**

Double Protection

**Hazardous Noise
Levels
 > 96 dBA**

**or
 ≥ 140 dB Peak SPL**



**Administrative controls should be
combined with double protection when
noise > 100 dBA**

**(to have exposure < 8 -hour TWA of 85dBA or
140dBP)**

#5 EDUCATION and TRAINING

Regulations Mandate: Initial and Annual Training
differences on shore vs. on ship

- 1. Elements and rationale of the HCP**
- 2. Effects of noise on hearing**
- 3. Purpose, styles, and proper use of various HPDs**
- 4. Command and employee responsibilities for HC**
- 5. Impact hearing loss may have on career, safety and mission**
- 6. Off-duty hearing health practices**
- 7. Purpose of hearing tests and procedures**



Occupational Hearing Conservation Team

Complies with Instructions



Safety Officers
Manages CO's Program



Industrial Hygienist
Conducts Noise Survey & Recommend HCP
Enrollment



Occupational Hearing Conservation Team cont...

Personnel in Hazardous Noise Areas
Participates and Complies with HCP



*****OHC Audiologist*****
Monitors Hearing Levels

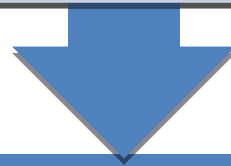


Audiologist
Evaluates Hearing and Fitness for Duty



Occupational Hearing Conservation Team cont...

Physician ENT Specialist IDC
Completes Medical Referrals



Safety Officer & Supervisor
Monitors HPD Use & Ensure HCP Compliance

OHC Technicians

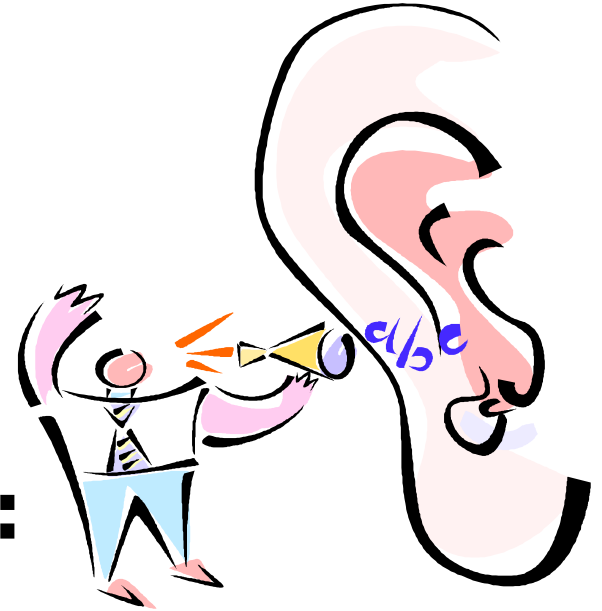
Critical Role in the Hearing Conservation Program

**W
H
Y
?**

- ☞ **you see personnel first**
- ☞ **you fit their HPDs**
- ☞ **you educate and motivate them**
- ☞ **you answer their questions!**

SUMMARY

**The HCP team strives
to protect one of our
most precious abilities:**



**Hearing and
understanding
“sound and speech”**

QUESTIONS ?

